



Don't pass gas.

Take it outside. Smoking around others releases a toxic fog of gases like carbon monoxide and hydrogen cyanide. Gases that can be especially harmful to kids and babies whose bodies are still developing. Read on and learn why taking it outside is the right thing to do.

IN THE HOME

- **FACT:** Exposure to secondhand smoke in infancy increases the risk of Sudden Infant Death Syndrome (SIDS).
- **FACT:** In the first two years of life, children who are exposed to secondhand smoke by their parents have more than a 50% increased risk of getting bronchitis and pneumonia.
- **FACT:** Exposure to secondhand smoke can lead to buildup of fluid in the middle ear, the most commonly diagnosed illness in children.
- **FACT:** Secondhand smoke can reduce the amount of disease-fighting vitamin C in children who are exposed.
- **FACT:** In 1992, secondhand smoke was classified as a Group A carcinogen, meaning that it is known to cause cancer in humans. Exposure to secondhand smoke during early childhood may increase the risk of developing leukemia and lymphoma later in life.
- **FACT:** Secondhand smoke doesn't just linger in the air, it settles onto drapes and sofa cushions, carpets, clothing, and toys, exposing your children to toxic chemicals even when no one is smoking.

IN THE CAR

- **FACT:** The EPA has attributed between 8,000 and 26,000 new cases of childhood asthma each year to secondhand smoke.
- **FACT:** 32% of all teens are exposed to secondhand smoke in a car one or more times a week.
- **FACT:** Opening a window isn't enough. The deadly gases in secondhand smoke can linger for hours even when windows are wide open.
- **FACT:** Young children exposed to secondhand smoke appear to have a greater risk of developing cavities and tooth decay.
- **FACT:** In addition to harming kids, secondhand smoke is responsible for approximately 3,000 lung cancer deaths among nonsmoking adults each year in the U.S.
- **FACT:** Children and adolescents with at least one smoking parent have a 25% to 40% increased risk of chronic respiratory symptoms such as cough, excess phlegm, wheezing and breathlessness.

Tips for Taking It Outside

Post these simple house rules on the fridge.

1. I will not pass gas around my kids. Not in the house. Not in the car. Not on their lives. From this day forth, I will take it outside.

2. I will offer sweet compassion to others. I will offer gum or mints as a substitute for lighting up inside, because I know I can get more with sugar than with vinegar. And if a houseguest or babysitter must smoke, I will politely invite them to do so outside.

3. I vow to make passing gas in public a social taboo. Though it may feel awkward at first to ask people not to smoke in my home and car, it should not feel any more awkward than if someone compromised the freshness of the room's air quality in another way.



WHAT IS SECONDHAND SMOKE

Secondhand smoke is a mixture of the smoke trailing off the lit end of a cigarette, cigar or pipe, and the smoke that's exhaled by the smoker. But a big cloud of smoke isn't the only danger, because some deadly gases present in secondhand smoke are invisible, and can linger in the air for hours after the cigarette has been put out.

Here are a few of the poisonous gases found in secondhand smoke:

- **Hydrogen Cyanide:** Cyanide is also used in rat poison. Unfortunately, secondhand smoke doesn't come with a big red KEEP OUT OF REACH OF CHILDREN warning label.
- **Carbon Monoxide:** Also found in car exhaust fumes.
- **Hydrazine:** The stuff that kills bugs dead in pesticides. Also used as rocket fuel.
- **Formaldehyde:** Embalming fluid used in mortuaries, home of dead people.
- **N-Nitrosodimethylamine:** You know it's bad when you can't pronounce it. This toxic chemical was formerly used in rocket fuel. So you don't have to be a rocket scientist to know that it's bad news for kids.
- **Benzene:** A gasoline additive. Never intended as a human being additive.

SECONDHAND SMOKE CONTAINS
DEADLY GASES. OVER 13 MILLION
KIDS ARE EXPOSED AT HOME.



Want to learn more about secondhand smoke?
Use these websites as additional resources:

<http://www.epa.gov/iaq/ets/>
http://cis.nci.nih.gov/fact/10_18.htm



A smoke-free home can be a real lifesaver.
And a money-saver.

Going smoke-free at home reduces the health risks associated with secondhand smoke. But there are also a few other very compelling reasons to do it.

Goodbye "House-atosis."

Your home will smell better. Food will taste better. Guests won't sniff around making that weird scrunchy-faced look.

Three words: You hate housework.

You'll spend less time, energy, and money cleaning your curtains, walls, windows, and mirrors.

Your insurance rates may drop.

Check with your insurance company. Many now offer lower premiums for smoke-free households.

Your four-legged babies will love you more.

Pets face an increased risk of cancer, because they live on rugs and floors where deadly chemicals accumulate long after the smoke has faded.

PASSING GAS:

Is there a right place
and a wrong place?



Legacy
American Legacy Foundation

Dontpassgas.org

1.888.NoPassGas